

Ball Hockey Rules

1. All players must be Laurier students with valid student cards. Participants must be on a team roster and only play for one team per division (no varsity ice hockey athletes).
2. Games will start on the hour and will end fifty-three (53) minutes later, with a three (3) minute break between halves. We ask that players arrive ten (10) minutes prior to the start of their respective games and wait outside the playing surface until the game before them is completed. A five (5) minute warm up will be allowed before the games start, but that will be shortened in length if the games are running behind schedule.
3. If a team misses a game they forfeit half their bond money and results in a strike. If the team misses a second game they will lose the remainder of their bond. A third default results in elimination from the league
4. A maximum of four players are allowed on the floor from each team at a time. One must be dressed as a goalie. A minimum of three players to begin a game.
5. The Goalie may only smother the ball within his/her crease area and the area immediately surrounding it.
6. Balls can be played off the wall (below certain pre-set lines) to oneself or another player.
7. At the beginning of each half and after every goal, play shall be started with a faceoff at center. Only one player from each team may be in the circle.
8. Substitutions can be made at any time.
9. The wind up for slap shots can only be waist high.
10. Any balls carried, shot or deflected out of bounds will be awarded possession to the opposing team. The team has 3 seconds to play the ball. If not played within three seconds the opposing team can act on the ball.
11. If the goalie has clear possession of the ball the play is blown dead. The goalie must release the ball behind his own net for one of his players. The player has 3 seconds to play the ball.
12. All minor penalties will result in a 4-on-3 power play for the opposing team. The player who received the penalty will be sent off to his bench for a minute. During that time the opposing team will have a power play where they will be allowed to have 4 players on and the other team will have 3. Once this penalty is over, a referee will let both teams know and the team with 4 players will have 5 seconds to return one player to the bench. If there aren't appropriate numbers for this to take place, i.e. a team only has 3 players playing, then a penalty shot will be awarded. Any player receiving 3 penalties in a game will be ejected from the remainder of the game.
13. If any fight starts during the game, the game is immediately called. Depending on the severity of the fight will decide further action.
14. All officials' decisions are final. Any verbal or physical abuse will result in an automatic strike towards the team.

15. Good sportsmanship must be followed. At the end of each game each captain will give the other team a "Fair score" rating.

16. In a playoff setting, if the game ends in a tie, the teams will proceed to a shootout. The teams will not change ends for the shootout. The home team (higher seeded team) has the choice of shooting first or second. The teams shall alternate shots. Three (3) players from each team shall participate in the shootout. Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death" format. A player cannot shoot for the second time until every player on the team has shot.

Penalties

1. Any attempt to punch/strike another player with a fist, elbow or foot will lead to an automatic ejection from the game. This includes the attempt to strike another individual, and actual contact is not needed to warrant a fighting call.

2. Zero Tolerance for Fighting, will result in automatic suspension from the league, a spirit of competition committee, and the possibility of suspension from all intramural activities.

3. Sticks raised above the waist will be penalized with a change of possession

4. No delayed penalties in Intramural Ball Hockey. Once an infraction occurs the play is to be whistled dead and the penalty(ies) assessed. Referees are asked to record the infraction on the game sheet at the time of the penalty.

5. There are coincidental minors in Intramural Ball Hockey. If opposing players both receive MINOR penalties on the same stoppage of play, both players will be sent to their bench and restricted from play for one minute, and the ball is dropped at centre regardless of whether or not one of the teams scores.

i. High Sticking – raising the stick above one's waist in a dangerous manner, without making contact with another player.

ii. Unsportsmanlike Conduct

6. All Major penalties are seven (7) minutes and a Game Misconduct. NOTE: this includes accidental injuries!! i. Fighting - attempting to hurt or injure another player. This includes attempting to land a punch. NOTE: This must be STRONGLY ENFORCED!! ii. High Sticks - hitting someone in the shoulders or head with the stick, or above the waist, even if accidental.

Equipment: - All Players must wear C.S.A. Approved helmets with full face masks - Only sticks with no tape on the bottom are allowed to be used - Gloves are recommended - Goalies must wear full equipment - Limited goalie equipment can be signed out at the equipment desk